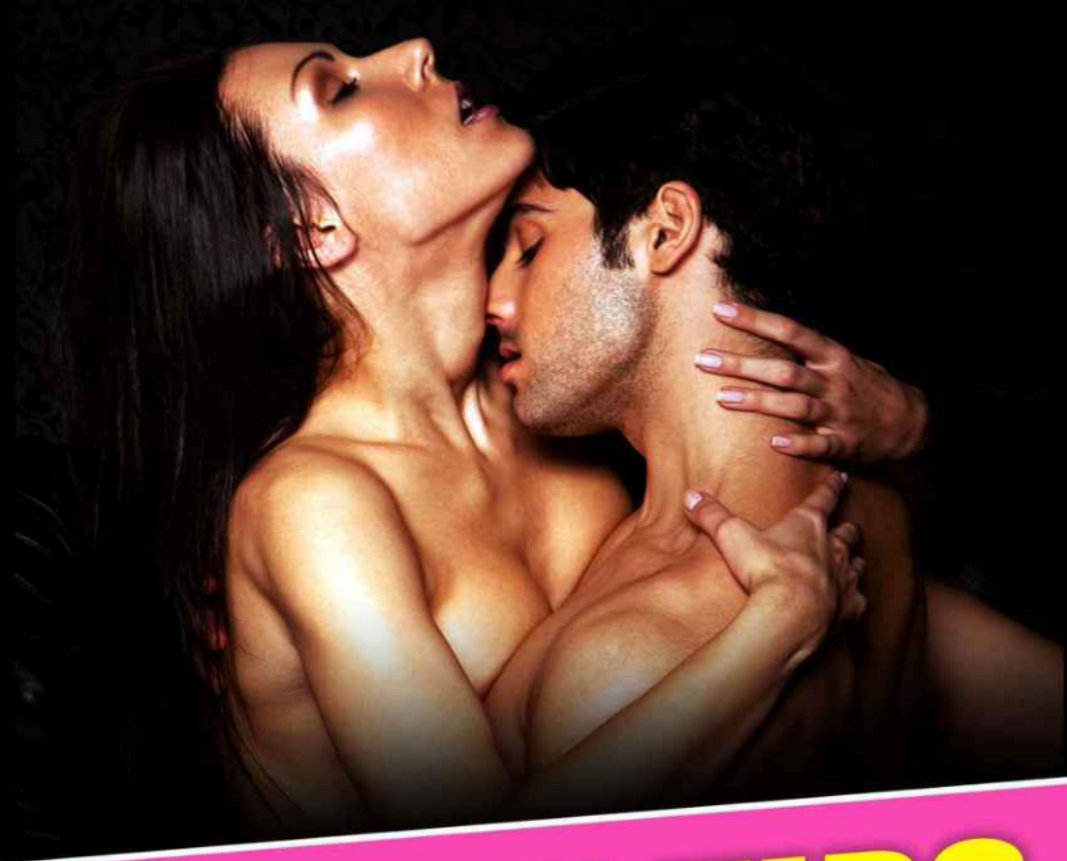




50 **SEX TIPS** FOR HIM & HER

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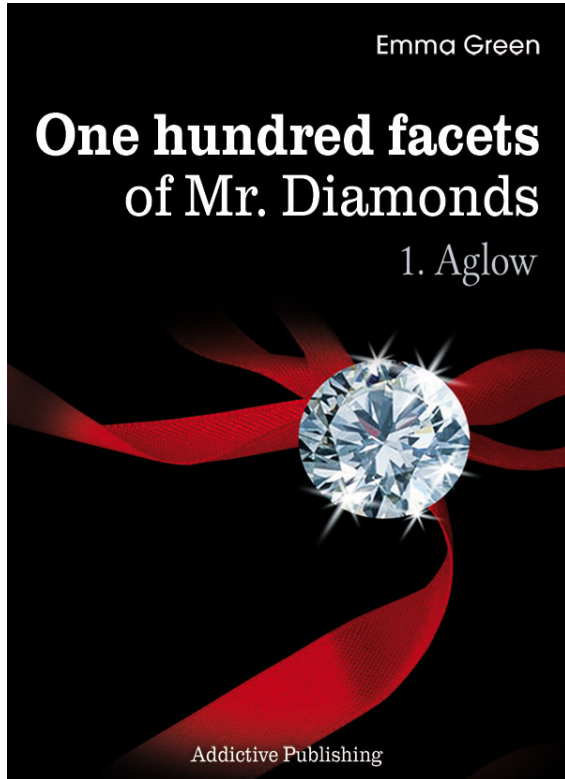
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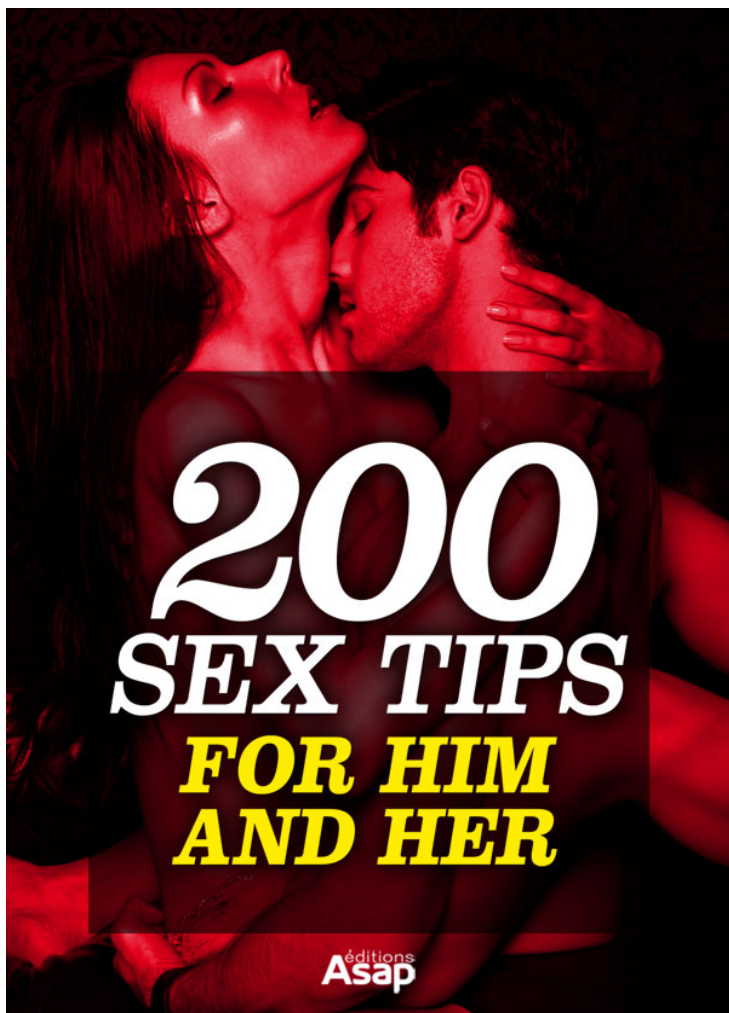
Summary

- Sex Tips for Her
- Sex Tips for Him

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200 Sex Tips for Him and Her

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Sex Tips for Her

Sex when pregnant: the pregnancy kama-sutra

A body that is changing, hot hormones, pregnancy is the time for any and all craziness. But when your round belly is an obstacle, which positions must be adopted? The doggy one, to feel in weightless conditions; the spoons, the chair, the inverted Andromaque and all those where you are turning your back to your lover, to let him satisfy you.

Being master in the Lotus art

An exotic position to be known! Ride on top of your lover, who is sitting in the lotus position. In this very tight body to body, you have the delicious mission of waving. Downwards or backwards, in circular movement, languorously or in rhythmical jerks, you will be stimulated from all sides.

Being a master of the Andromaque art

You are holding the reins of pleasure in this inverted missionary. Riding your lover, embark on a mad ride! You are in control of the situation: angle, rhythm, depth, you are the leader, he is in your hands... guaranteed orgasm! The little plus: circular hip movements will make the whole difference. To be tested.

Making love with a stranger

An unreachable fantasy? Yet, just eyes that meet, a mad dance or an exchanged word... to end up in a charnel embrace as passionate as spontaneous. But don't break the charm! Resist the temptation to ask his name or phone number, don't tell him anything about you: consume, taste and go on your way.

Making love with a younger man

The idea of a toyboy makes your desire stronger? Play the cougars without any complex: his young man's innocence will make you feel 20 any more and your experience as a mature woman will make him crazy! But no lecture. You will have nothing to prove, just guide him. And enjoy the taste of this fresh body offering to you with enthusiasm.

Bondage: to be tied up for better love

Being tied up, tying up your lover, that is a delicious torture. Cords or satin links are a good naughty start. To go further, test a latex slip, a camisole or corset, whatever may hinder your freedom and turn you into a sexual slave. Whips and chastity belt will complete this fetishist set.

Is your partner built like a donkey?

Those women who are complaining about the small size of their partner's penis, that drives you crazy! It seems that yours has been over gifted by nature... To keep harm in check, stress the preliminaries, opt for a missionary (not the doggy!) and let time work: your vagina is going to dilate gradually with the intercourses.

Masturbation: 6 ways of reaching self satisfaction

Are you a novice? To enjoy any and all the pleasures of masturbation, use different techniques! Classical: on your back. Exciting: on your belly. Original: with a soft object (duvet, cushion, towel...). Sports type: without the hands (holding tight, releasing the thighs). Precise: with water jets. Efficient: simultaneous (clitoris + vagina).

Erotic readings: from theory to practice....

Sexo guides, erotic novels, kama-sutra illustrated albums... A richer sexual life, more spicy, reinvented and increase your curiosity with all those works for adults. No such thing as a few theoretical lessons or revisions before going to the practice! Tip: read them together before actually starting....

No orgasm = no pleasure?

According to you, « without an orgasm, the fest is not so energetic »? You are wrong there, it is possible to feel tons of pleasure without enjoyment! Don't focus on this « big fina », don't try and find it at any cost, you will miss the present moment. Let go, enjoy the caresses, vibrations, sensations, emotions.....

Always the same scenario

Your worst enemy: routine! To make pleasure last in your couple, you will have to make an effort: 15 minutes of sweeties followed by 15 minutes of shagging on Tuesdays and Saturdays at 11 pm, that is out. Out is boredom, in comes folly. Do him anything that goes through your mind, be daring, innovate, devour, move, hi spontaneity!

Give his sex a nickname!

To destroy the aura of the « animal » or simply to express your affection, a nickname is always welcome! But beware, avoid humiliating your stallion's precious tool, you may vex him. Tip: offer your partner to give the nickname of your choice to his private parts! No such thing as reciprocity.....

Condoms: take the things in your hands

Is it now that he should slip on his piece of latex? Don't let your lover be a spoil sport because he has to fend for himself! Give him a helping hand (and why not helping tongue) to get fitted, sexual tension will be increased by it. You will also be able to make sure you are well protected! No unfortunate surprises.....

Swallow without fainting...

Having your mouth full of sperm is not one of your fantasies ... a nightmare, more like it! It must be said that the consistence and taste are not automatically pleasant. The little tips to avoid feeling nauseate: make him eat fruit, forbid him garlic, asparagus, alcohol and cigarettes. Otherwise, remember whipped cream or mint spray!

Simultaneous orgasms: how can you do that?

Enjoying together, have you ever tested it? Not obvious if your partner is quick and you are rather slow... The tip: make him enjoy first, then carry on with the preliminaries so that he finds his energy back. He will then better control himself and make sure he reaches his peak at the same time as you do.

Hot show!

Warn him while tying him up: tonight your intention is to take advantage of him. Next time, you'll be the victim (consenting!) The tip to drive him mad: take advantage to adopt lascivious poses or even touch yourself. He cannot move, so he will have to look at the show... Take your time to free him, make sure he wants you!

It is allowed to play with food!

It is for a just cause... The preliminaries are ongoing and he is already blindfolded, isn't he? Pour champagne all over his body and make sure you enjoy up to the very last drop. Fruit, whipped cream, honey, spread, everything is good to devour him. The tip: what about giving him tit for tat and wearing an edible string?

Fim your love making...but don't do just anything!

Make this little spicy gift to your partner, he will be prouder than ever of his prowess. Make sure you look at your best: choose an angle, a light and positions which are good for you. Beware, to make sure that your sexual exercises do not come out in the open one day, keep the video to yourself!

Go for spanking!

Between consenting adults, why avoid it? Spanking is a highly erotic gesture which may well wake up in you (as well as in him) some animal pulsions. Some men ask for it over and over again! Beware, start with a light hitting and, according to his reaction, go further ... or hold back!

Hurray for improvising!

Wild and improvised sex: the best remedy against those down moments, the absence of desire. Scantily dressed, surprise your partner when he comes home from work. Are you in the kitchen? Invite him to join you in front of the stove for a very special tasting session. After a good night's sleep, are you in a cuddly mood? Offer him an explosive wake up.....

X films: it is better to share with your partner

If you are not automatically against the idea of watching a pornographic film alone, most of you prefer to do so with their partners. In a way, kill one bird with two stones. Since this activity has stimulating and exciting virtues. Role playing, new positions: take advantage of it to wake up that femme fatale in you!

Is it lasting too long?

When taking too long, your shag parties are becoming tortures? Looking at the ceiling for hours on end is not your cup of tea. The tips: think of dirty words, choose a doggy (or for the tea spoons), give him a helping hand and end up beautifully masturbating him or offering him a fellation.

First time: what to do

Taking her virginity, is an unforgettable memory, but not always a pleasant moment. The tips to remember: tell him that it is your first time. Do not avoid the preliminary stage, take the time to arouse your desire. His penis has no searching head, guide it! Don't be too complicated, choose the missionary.

Blindly...

Incredible how a mere scarf may increase sexual tension! Once he is blind folded, arouse all his senses gently and sensually. Noises, odours, tastes, rubbing skin against skin, your body becomes his playground. The tip on top: have him guess which parts of your body inflict him such gentle tortures....

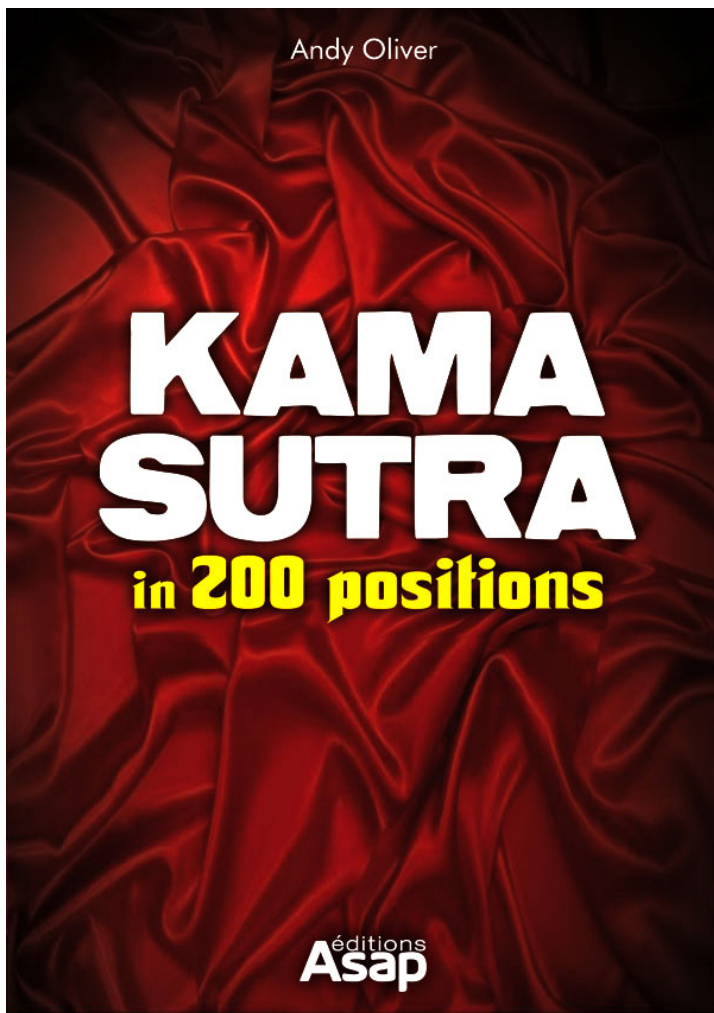
Test love in the water!

Having a shag in the water: an experience one should not miss. In a tub, you will have to gain space getting on top of one another and avoiding overflowing. In the sea, beware salt water which may cause irritation. go for the pool only if it is a private one! In your jacuzzi, increase the temperature, either alone or together!

In your store:

The Kama Sutra in 200 positions

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Sex Tips for Him

Dildo for her: how to use it?

You have decided to use a naughty toy together? If the dildo was created for the pleasure of women, don't remain in the background; you can decide the tempo, the angle, the depth. Watch your lover, make her languish or fulfill her desires, she is in your hands, her orgasm depends on that.

The penis lengthener: naughty and clever!

A complex? Wanting to fulfill your partner? Try the penis lengthener. This extension, generally a silicone one, is a hollow tube which must be placed at the end of the penis to increase its size. You will gain 5cm in length and 2cm in width, enjoy a more powerful and more lasting erection, and your lover will thank you.

Positions: test the inverted Andromaque

You probably know the Andromaque, this position places your lover on top of you. But ask her to turn her back to you, still riding you, leaning on your knees. And there we go for a mad ride! You will enjoy an exceptional view over your love making and will be able to guide her movements holding her by the hips.

"Carried" positions for muscular lovers

Have a shag! If your lover is rather light and you are rather strong, lift her by her buttocks, she will cling on to you by crossing her ankles around you. If she is rather supple, put one of her legs on your shoulder: the contact between you will be longer, penetration more intense and she will enjoy delicious brushings.

A first gay experience

This naughty curiosity does not mean you are a suppressed homosexual. Assume! To make this fantasy come true, but gently, invite a male partner to join your couple when you are going to spend the night without sleeping.... For a first experience between men, start with soft preliminaries before discovering, why not, other new pleasures.

Threesome sex: in which trio though?

As a couple or alone, do you want to know the joys of a trio? Before embarking on that, choose the others carefully. With a partner of each sex, you will enjoy soft pleasures of a bisexual life. With two women, the supreme male fantasy, you will have two lovers to satisfy and no time to get bored!

"I am too well built..."

Having too nice a sex is not automatically a blessing... nor is it a malediction! Your penis is wide, so you will have to adapt. Make the preliminaries last longer so as to open your partner's vaginal muscles. To prevent her from tensing up, make sure you relax her as much as possible. Think of erotic massages!

Too long a penis: beware!

Whether it is wide or thin, your sex may also be too long and hurt your partner; To avoid her the unpleasant sensation of « hitting the bottom », but without stopping your enthusiasm, there is a tip: a foam or silicone ring to be placed on the base of the penis and it will be like a buffer, even in your most passionate love making.

"Did you enjoy it, Darling?"

While some women find it rather easy to express their enjoyment, others are not so open. You do not really know if they went to the Nirvana, do you? Don't ask her! Offer her a nice little goodie after love making (nothing like a cunnilingus to round it all up to perfection), she may answer you: « No thank you, I have already enjoyed it! »

Groaning with pleasure and animal cries

Are you shy, still a beginner as regards sex? Never mind, let the cat out of the bag! Your partner will appreciate that you communicate your desire/pleasure to her and will find it easier to let go. Beware, if the virile groans will have an effect on her, the ox's bellowing or shrill yelpings could drive her away from enjoying it!

Hickeys, bites: leave marks behind

Indeed hickeys on her neck and bites on her shoulder are highly erotic, but be gentle! First of all to avoid hurting her. Just one sucking too many and you might end up spending the night on the sofa... Then, to avoid having her wearing clothes which cover her up for a week. Not exactly sexy, the polo-neck sweater!

Not warning her that you are going to enjoy

When she spoils you, at least warn her before ejaculating! For one, the surprise might cause her to cough or strangle herself (or even occasionally an involuntary bite), then your sperm is not automatically tasteful for her. Be a gentleman or you may be banned from fellatios forever.....

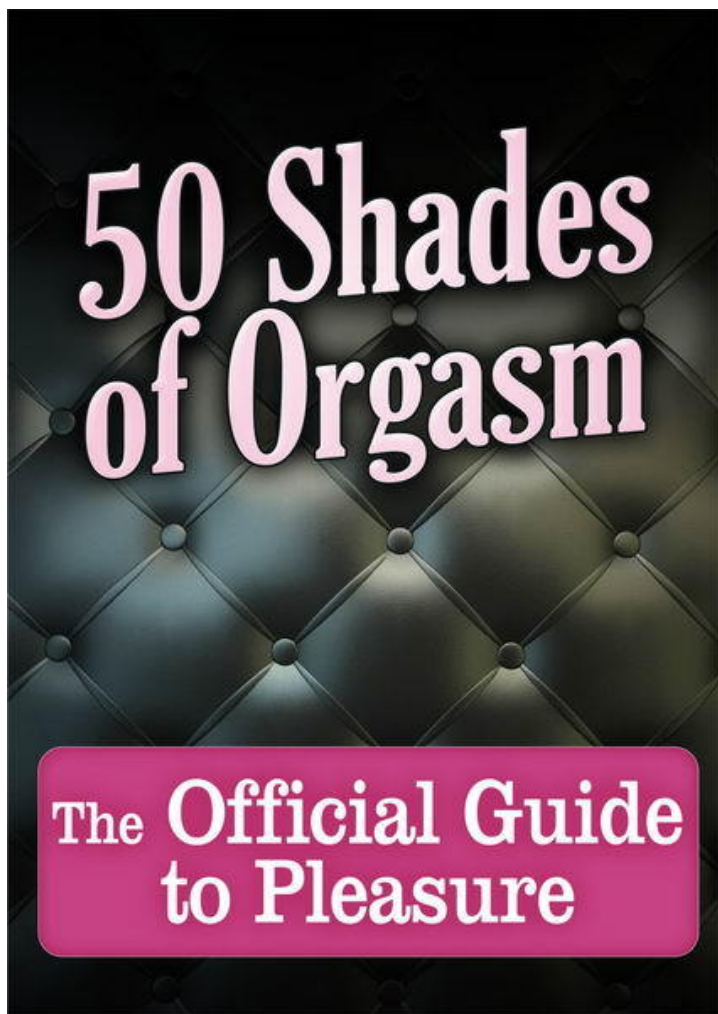
What she prefers in you

To wake up the desire of a woman, you need brilliant arguments. What is she looking at first? Your muscles (no need to be bodybuilt, but she will feel protected if you can show some muscles), your eyes (honest, never evasive!), your mouth (greedy and smiling) and your buttocks (round, to make her feel she wants them....)

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50 Shades of Orgasm

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Discovering the tantrism

This extremely erotic discipline is said to enable you to reach new pleasures... But be careful, it requires a certain skill! To get familiar with trantrism and learn the techniques, start with an initiation stage. Professionals will offer you different workshops where they invite you to rediscover your body....

How can you offer her more pleasure?

The golden rule: use your pelvis. During love making, stimulate a different part of her private ones through some skilful pelvis movements. Upwards, downwards, to the left, then to the right, without forgetting to circle around... The result: you are leading the dance, your partner is more excited than ever and reaches enjoyment faster.

She does not want to swallow, what can you do?

« It's tasteless, viscous and warm, I'm disgusted! » Hard to insist when she comes out with that type of arguments... Offer an alternative to her: she may accept you to extend your pleasure, not in her mouth, but over her body. Avoid aiming at her face, choose her lower belly or her buttocks.

It's all fun and games...

She is in a playful mood and you want to excite her before she enjoys it all? Think of erotic board games! Strip poker: you try to undress each other. Love bath: you will challenge each other sexually. Pleasure path: discover your partner through her five senses. Vices and delights: spicy forfeits....

Greedy pleasures....

Who said that being greedy was a nasty thing? During the preliminaries, devour her in many ways! Honey on her mouth, whipped cream on her nipples, champagne on her thighs, jam on her anus... The tip: after placing one of such delights on her body, take it in your mouth and share it with her while kissing her very enthusiastically!

Love on the back seat of the car

Making love in a car: a fantasy not for men only! Your other half wants it, here and now, straight away? Jump on the back seat, cover the windows up (if you can), move the front seats and invite your partner to ride you. You are not contortionists, are you? Avoid the lying down position!

In the shower: slippery ground....

As erotic as you make it! Place yourself facing her back and stick to her facing a wall, so as to lean and not end up on your back side. Together enjoy the jets which are pleasantly massaging you and the warm water which stimulates you. Do you have a tub? Have your amazone ride you avoiding overflows....

"She does no longer want to make love"

The intense relation and the mad sex they shared at the beginning have given way to routine. Don't make her feel guilty, do what you can to rekindle the passion by surprising her. Women are sensitive to romantic gestures: plenty of small attentions, organise outings for both of you, strengthen your complicity, the rest will follow....

Saying no in 4 lessons

Your partner feels in a cuddly mood, but you have other things on your mind? Make sure you are not talked into it, but without offending her, she might make you pay the bill. Your options: communicate, pretend you have a headache (indeed, you too!), divert her attention or just have 'light' sex. A few caresses, kisses, touching and it is in the bag!

Films for adults: yes, but with your partner!

Now that you have a partner, pornography is no longer to be consumed by yourself! Prior to organising an X film TV evening, try to see how the land lies. Is she an expert or is she new to this? What are the fantasies or scenarii she would like to watch on the screen? If you are afraid of scaring her with too hard pictures, choose an erotic film!

Divine kiss in 3 lessons

What is more charnel than a well controlled kiss? Is she shy? Just enjoy one gentle and sensual kiss. Does she keep her mouth closed? Go over her lips with many little soft and attentionate kisses. Does she become all on fire? Offer her a genuine French kiss: let your tongue cleverly go round and play with hers.

And if you had fun in front of a mirror?

If you do not want to have to stick a huge mirror on the ceiling of your bedroom, think of the mirror as a new game accessory. The standing position doggy enables you to look at each other simultaneously and enjoy the show of your intertwined bodies. The pleasure of the eyes will make your charnel pleasure greater!

In your store:

His, Body and Soul - Volume 1

"His, Body and Soul is the most sensational sensual novel to have been released since Fifty Shades of Grey."

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